

How to Deal With Cyber Bullying As a Child or Teen

"Cyberbullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It's incredibly distressing and hurtful, not to mention hard to deal with. For help on dealing with cyber bullying, read on.

Steps

1. Save every message. Cyber bullying is somewhat easier for a bully to perform, since they don't have to do anything when the victim is right there in front of them. But you're smarter than that. You may just want to click "delete" on that hateful email, text, or IM. However, this is not the right way to go. Because there may come a time, when this bully needs to be reported– and you'll need all the evidence right there in front of you. Save and print each and every mean thing they send. Bookmark or "favorite" the webpages they diss you on. The day will come, when you'll need this evidence.

2. Never participate. If you receive a "bully" message, never get more involved than you need to. Replying to that hurtful comment will only lead to trouble– what you say on the internet, STAYS there, no matter what you do; and anger, sadness, or any other emotion can cause you to do this you'll regret. Keep your cool. It's okay to be upset, but responding to the bully just as they have responded to you, will fix nothing.

3. Identify the person doing it. Emails and screennames can be deceiving, and temporarily disguise a bully. However, there are ways of figuring out the guilty party. First, write down the email or screenname you've received this from. Check your inbox– have you ever received ANYTHING from this person before? This may clue you in. If not, simply go to the email provider (after the @ part of the email) website, and search the screenname you have. If the profile is not blocked, you should be able to view this person's name. When all else fails, get others involved. Let your parents or teachers know the situation. Most likely, they can track the IP address, and get the exact location of the attacker.

4. Approach them in person. A cyber bully is nothing when not behind their internet mask. Talking to them about it upfront, might even scare them away. If this person seems not to be intimidated,

or issues more violent or humiliating threats, contact an adult to intervene.

5. If severe, Press charges. Bullying of any kind is illegal in most states. After letting a parent into the situation, allow them to contact the bully's parents (if the school has not already done this). If you've suffered severely from this, or experienced humiliation or violent threats/acts, this girl/boy can be suspended, expelled, or even arrested depending on how severe they've acted.

<http://www.wikihow.com/Deal-With-Cyber-Bullying-As-a-Child-or-Teen>